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Control your brainwaves to get more out of life

HUMAN brainwaves can be artificially stimulated to improve mental faculties, induce sleep and even create a feeling of happiness, says the inventor of a new stereo technique.

Hemi-Sync beams sound waves of varying lengths through stereophonic earphones to produce the brain waves required for specific desired effects, developer Robert Monroe told GLOBE.

"By using a particular sound-wave combination, we are able to produce a beta brain wave, which induces sleep," Monroe explains. "And by using another combination, we can produce an alpha signal, which intensifies concentration and alertness."

Monroe says he successfully tested the technique on more than 1,300 people over a five-year period. The former businessman developed the process at his Monroe Institute of Applied Sciences in Faber, Virginia.

Hemi-Sync can accelerate learning, reduce tension, increase memory and induce euphoria or sense of well-being, he claims.

The Army is now testing his mind-altering process in hope of improving the accuracy of its rocket marks-